

# DINNERLY



## Balanced Chicken and Veggie Tray Bake with Chimichurri and Mixed Salad



40 minutes



2 Servings

We love the simplicity of a tray bake. Think juicy chicken thigh, capsicum and sweet potato all tossed in a herby seasoning and roasted until golden. Serve with a crisp salad for a nutritious and delicious meal.



#### WHAT WE SEND

- 1 sweet potato
- 10g South American seasoning<sup>17</sup>
- 1 red capsicum
- free-range chicken thigh fillets
- 20g sunflower seeds
- 50g mixed salad leaves

#### WHAT YOU NEED

- 1½ tbs olive oil
- 2 garlic cloves
- 2 tsp white or red wine vinegar<sup>17</sup>
- ½ tsp wholegrain or dijon mustard<sup>17</sup>

#### TOOLS

- 2 oven trays
- baking paper

Our veggies come straight from the farm, so please wash them before cooking.

#### ALLERGENS

Sulphites (17). May contain traces of other allergens.

#### NUTRITION PER SERVING

Energy 475kcal, Fat 27.2g, Carbs 21.4g, Proteins 34.5g



#### 1. Roast sweet potato

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **unpeeled sweet potato** into 3cm chunks. Put on the lined tray, drizzle with **2 tsp olive oil** and scatter over **2 tsp South American seasoning**. Season with **salt and pepper** and toss to coat. Roast for 10 mins.



#### 2. Prep chicken and capsicum

Meanwhile, cut the **capsicum** into 2cm chunks. Crush or finely chop **2 garlic cloves**. Combine the garlic, **remaining South American seasoning** and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the **capsicum** and **chicken** and turn to coat.



#### 3. Roast chicken and veggies

Add the **capsicum** and **chicken** to the sweet potato and roast on the upper oven shelf for a further 20 mins or until the chicken is cooked through and the veggies are tender. Meanwhile, put the **sunflower seeds** on a separate oven tray. Bake on the lower shelf for 4 mins or until golden.



#### 4. Make salad

Put **2 tsp olive oil**, **2 tsp white wine vinegar** and **½ tsp wholegrain mustard** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **salad leaves** and **sunflower seeds** and toss to coat.



#### 5. Serve up

Slice the **chicken** and divide among plates (see Make it yours). Serve with the **roasted veggies** and **salad** and enjoy!



#### 6. Make it yours

Prefer to make this into a salad? Shred the chicken and add to the salad leaves along with the veggies. Toss to combine, then serve in bowls.